

# IMPACT OPEN 2025



# IMPACT OPEN25



## Official Invitation

Dear all,

Taekwon-Do Impact is proud to welcome you to the Impact Open 2025! This is our annual competition, open to all practitioners of ITF Taekwon-Do. Whether you are a yellow belt just starting your Taekwon-Do journey, or a black belt veteran of the competition scene, the Impact Open will provide a fantastic opportunity to showcase your skills, challenge yourself, and celebrate the spirit of Taekwon-Do.

This year, we will be introducing a new-and-improved version of our online competition software which should make this the smoothest Impact Open yet! Also, black belts will now be able to compete in more events, with Special Technique now extended to adults and Power Test open to Juniors aged 15 and up. We hope this will give black belts the opportunity to gain even more experience from the competition.

Taking place on Sunday, 29th June 2025, at Hayward's Heath, the Impact Open this year promises to be a day filled with exciting matches, inspiring performances, and a chance to connect with fellow practitioners from across the region. We are dedicated to ensuring a high standard of competition, while fostering a friendly and supportive atmosphere for all participants.

We look forward to seeing you there, and sharing in a day of excellence, respect, and sportsmanship.

Signed,

*Impact Open Organising Committee*



Donato Nardizzi IX  
Chief Organiser



Howard Mayes IV  
Event Coordinator



Jason Ogden IV  
Head Umpire

Daniel Beard IV  
Event Registrar

# Contents

1. Key Information .....	4
1.1. Date and Time .....	4
1.2. Entry.....	4
1.3. Venue.....	4
1.4. Rules .....	5
1.5. Travel.....	5
1.6. Dress Code .....	5
1.7. Spectators .....	5
1.8. Coaches .....	5
1.9. Umpires .....	6
1.10. Protests and Appeals .....	6
1.11. Sponsors.....	6
1.12. Contact.....	6
2. Timetable .....	7
3. Events.....	8
3.1. Patterns .....	8
3.1.1. Format and Rules.....	8
3.1.2. Categories.....	8
3.2. Sparring.....	9
3.2.1. Format and Rules.....	9
3.2.2. Equipment.....	9
3.2.3. Categories.....	9
3.3. Special Technique.....	11
3.3.1. Format and Rules.....	11
3.3.2. Categories.....	11
3.4. Power Test.....	12
3.4.1. Format and Rules.....	12
3.4.2. Categories.....	12



# 1. Key Information

## 1.1. Date and Time

Impact Open 2025 will take place on Sunday 29<sup>th</sup> June, 2025, and will start at 08:30.

## 1.2. Entry

Entry will open on TBD and will close at 11:59 on Friday 20<sup>th</sup> June. The prices will be as follows:

- £35 – Colour Belt entry
- £40 – Black Belt entry

Before competitors can enter, their instructor must first register their school/club below:

*TODO: School signup form*

Then, competitors can be registered (either themselves or by their coach/instructor) at the Taekwon-Do Impact Events Portal:

*TODO: Open registration*

Competitors' details can be modified up until the entry deadline.

All details entered must be accurate – they will be checked at registration. There will be a £15 fee for any category amendments.

If you need any help registering, please contact us at [open@tkdimpact.co.uk](mailto:open@tkdimpact.co.uk) and we would be happy to assist.

## 1.3. Venue

Impact Open 2025 will be hosted at the Dolphin Leisure Centre, in Haywards Heath.

The leisure centre is located on Pasture Hill Road, RH16 1LY.



*The exterior of the Dolphin Leisure Centre.*

## 1.4. Rules

Except where otherwise specified in this document, scoring and procedure will be in accordance with the rules laid out by the ITF Umpire Committee in the ITF Rules of Competition 2022 document, version 3. This document can be found on the ITF website:

<https://itftkd.sport/wp-content/uploads/2024/05/Official-ITF-Rules-of-Competition-Version-2022v3.pdf>

## 1.5. Travel

Haywards Heath is accessible via National Rail services at Haywards Heath train station. The Dolphin Leisure Centre is a short 7-minute walk from the station.

The venue is also a 20-minute journey by car or train from Gatwick Airport.

Parking is limited at the Dolphin Leisure Centre, but there are multiple car parks in the vicinity of the train station.

## 1.6. Dress Code

Competitors must dress in an ITF dobok. Traditional doboks and ITF-approved doboks are both permitted, provided they meet the following requirements:

- Dobok must be white
- Dobok must have the ITF badge on the left side of the chest
- Dobok must have the Taekwon-Do tree on the back of the top
- Dobok must have the letters "ITF" on the outsides of the trouser sleeves
- Black trim around the lower hem of the top is only permitted for black belts
- Black stripes along the sleeves are only permitted for 4<sup>th</sup> degrees and above

Club markings are permitted on doboks, but national team markings are not. Please avoid wearing a national team dobok, or failing that, cover the national team markings.

## 1.7. Spectators

Friends and family are encouraged to come and spectate the competitors! Spectator tickets will be available at the door for £5.

Children aged 5 or below may spectate for free, but must be accompanied by an adult with a ticket.

## 1.8. Coaches

Clubs are welcome to bring coaches for their students, but they are not mandatory. Therefore, coaches must purchase a spectator ticket in order to enter the venue.

Coaches should wear tracksuits and soft-soled trainers to avoid damaging the mats. To avoid confusion, competitors acting as coaches must cover their doboks with tracksuits.



## 1.9. Umpires

All attending clubs must submit a number of umpires relative to their number of entered competitors:

Number of Competitors	Required Umpires
0 – 3	0
4 – 10	1
11 – 20	2
21+	3

All umpires must be at least 1<sup>st</sup> Degree. Any clubs unable to meet these requirements without prior agreement from the organising committee will be subject to a £50 fine per missing umpire, else their competitors will be unable to compete.

Umpires must sign up in advance, via the link below:

*TODO: Umpire signup*

In accordance with the ITF umpire dress code, umpires must dress in a navy blue or black suit, with a white shirt and blue tie.

Umpires who also compete will be eligible for a £10 rebate of their competition entry fee, if they stay until the very end of the day.

## 1.10. Protests and Appeals

Protests or appeals can only be made by coaches. They must be made directly to the Jury President of the relevant ring, before the commencement of the next bout or performance.

In the event of a protest, the Jury President will contact a member of the Organising Committee, who will speak with the umpires on the ring for an account of the situation and resolve the protest in accordance with the ITF Rules of Competition, or failing that, by applying their own judgement. In some circumstances, the Committee member may ask that the scores be reset and the performance repeated. Their decision will be final.

## 1.11. Sponsors

Impact Open is proudly sponsored by Azura Sports, who provide our mats and will be selling equipment at the event.

If your company would like to sponsor Impact Open this year or in future, we would be happy to have you – please get in contact so we can discuss arrangements.

## 1.12. Contact

For any further information or clarification, please contact Taekwon-Do Impact via [open@tkdimpact.co.uk](mailto:open@tkdimpact.co.uk) or 07849 343895.



## 2. Timetable

- 08:30** Registration opens for Cadets (12 yrs & below)  
*Early registration for competing umpires*
- 09:30** Registration closes for Cadets (12 yrs & below)  
*Umpire meeting*
- 09:40** *Coach meeting*
- 09:55** *Opening ceremony*
- 10:00** Competition begins for Cadets (12 yrs & below)  
*Early registration opens for all other age groups*
- 12:00** Registration opens for all Black Belts
- 13:00** *Lunch break*  
*Reorganisation of rings*
- 13:30** Registration closes for all Black Belts
- 13:40** Competition begins for Black Belts
- 14:30** Registration opens for all remaining Colour Belts
- 15:30** Registration closes for all remaining Colour Belts
- 16:00** Competition begins for all remaining Colour Belts
- 18:30** End of competition
- 18:40** *Umpire and helper rebates are issued*

*All of the times shown above are approximate, and may be subject to change.*

## 3. Events

### 3.1. Patterns

#### 3.1.1. Format and Rules

Patterns categories will be run as single-elimination knockout tournaments, with a bronze playoff. Categories of 3 competitors will instead use round-robin.

Competitors will perform their patterns simultaneously, excluding Black Belts who will perform one at a time, if time permits.

- Optional – Competitors may select any grade-appropriate pattern to perform.
- Designated – Umpires will select a random pattern for competitors to perform.

In colour belt categories, competitors will perform one optional pattern per bout. Scoring will be done with flags, going by the umpire's judgement.

Black belt categories will require two designated patterns; one from the competitors' grade, and one from any grade up to and including that grade (excluding the pattern just performed). Scoring will be done using clickers, following the official ITF scoring rules.

In the case of a draw, the competitors will be assigned a designated pattern appropriate to their grade to perform as a tiebreaker, for both colour belts and black belts.

Category	Patterns
Yellow Belts (7 <sup>th</sup> – 8 <sup>th</sup> Kup)	1x optional pattern, up to Do San
Green Belts (5 <sup>th</sup> – 6 <sup>th</sup> Kup)	1x optional pattern, up to Yul-Gok
Blue Belts (3 <sup>rd</sup> – 4 <sup>th</sup> Kup)	1x optional pattern, up to Toi-Gye
Red Belts (1 <sup>st</sup> – 2 <sup>nd</sup> Kup)	1x optional pattern, up to Choong Moo
Black Belt (1 <sup>st</sup> Degree)	1x designated pattern, from Kwang-Gae to Ge-Baek 1x designated pattern, from Chon-Ji to Ge-Baek
Black Belt (2 <sup>nd</sup> Degree)	1x designated pattern, from Eui-Am to Juche 1x designated pattern, from Chon-Ji to Juche
Black Belt (3 <sup>rd</sup> Degree)	1x designated pattern, from Sam-Il to Choi-Yong 1x designated pattern, from Chon-Ji to Choi-Yong
Black Belt (4 <sup>th</sup> – 6 <sup>th</sup> Degree)	1x designated pattern, from Yon-Gae to Moon-Moo 1x designated pattern, from Chon-Ji to Moon-Moo

#### 3.1.2. Categories

Patterns will be divided by grade and age, with each belt colour competing together in mixed-sex categories. Adult (18-35 yrs) and Senior (36 yrs & above) competitors will compete together. Adjacent grade categories may be merged depending on turnout.

Cadets (12 yrs & below) will be split by height, into Low (<135cm) and Medium (135cm+).





## 3.2. Sparring

### 3.2.1. Format and Rules

Sparring categories will be run as single-elimination knockout tournaments, with a bronze playoff. Categories of 3 competitors will instead use round-robin.

Scoring will be done by the following:

- 3 points for a kick to the front or side of the head
- 2 points for a kick to the front or side of the body
- 1 point for a punch to the front or side of the body or head

To score, techniques must be correctly executed, and must be dynamic but controlled. Warnings and fouls are issued according to the official ITF rules.

Any competitor who receives 3 fouls in a single match will be disqualified.

The round length will vary based on the competitors' grade and age:

Grade	Age Category			
	Cadet (12 yrs & below)	Junior (13-17 yrs)	Adult (18-35 yrs)	Senior (36 yrs & above)
Colour Belt	1x 60 secs	1x 90 secs	1x 120 secs	1x 120 secs
Black Belt	N/A	2x 120 secs	2x 120 secs	2x 120 secs

### 3.2.2. Equipment

Competitors must have the following equipment to take part in sparring:

- Head guard
- Mouth guard/gum shield – ideally transparent
- Closed fingered gloves – with open palms
- Groin guard – to be worn on the inside of the trousers (for male competitors only)
- Shin pads
- Foot pads – must cover the toes and heel

Dipped foam equipment is not permitted, except for head guards. All equipment must be in reasonable condition. Competitors without appropriate equipment will be automatically disqualified if they cannot find the missing equipment within 3 minutes.

### 3.2.3. Categories

Sparring will be divided by age, grade, sex (excluding Cadets), and height (Cadets) or weight (all others). Seniors may be merged with adults depending on category size.

For safety reasons, weight/height categories will only ever be merged with directly adjacent categories – competitors will never be placed against opponents more than one category above or below them. Adjacent grade categories may also be merged as required.

**Grade Categories**

Age	Grade Categories
Cadet (12 yrs & below)	Yellow & Green Belts (8 <sup>th</sup> – 5 <sup>th</sup> Kup) Blue & Red Belts (4 <sup>th</sup> – 1 <sup>st</sup> Kup)
Junior (13-17 yrs)	Yellow & Green Belts (8 <sup>th</sup> – 5 <sup>th</sup> Kup) Blue & Red Belts (4 <sup>th</sup> – 1 <sup>st</sup> Kup) Black Belts (1 <sup>st</sup> – 3 <sup>rd</sup> Degree)
Adult (18-35 yrs)	Yellow & Green Belts (8 <sup>th</sup> – 5 <sup>th</sup> Kup) Blue & Red Belts (4 <sup>th</sup> – 1 <sup>st</sup> Kup) Black Belts (1 <sup>st</sup> – 6 <sup>th</sup> Degree)
Senior (36yrs & above)	Yellow, Green & Blue Belts (8 <sup>th</sup> – 3 <sup>rd</sup> Kup) Red & Black Belts (2 <sup>nd</sup> Kup – 6 <sup>th</sup> Degree)

**Height Categories – Cadet (12 yrs & below)**

Sex	Height Category					
	Tot	Pee-Wee	Low	Medium	High	Tall
Female	-120cm	-127cm	-135cm	-145cm	-155cm	155cm+
Male	(mixed)	(mixed)	(mixed)	(mixed)	-155cm	155cm+

**Weight Categories – Junior (13-17 yrs)**

Grade	Sex	Weight Category						
		Micro	Feather	Light	Middle	Cruiser	Heavy	Hyper
Colour Belt	Female	-35kg	-	-45kg	-55kg	-	55kg+	-
	Male	-45kg	-	-55kg	-65kg	-	65kg+	-
Black Belt	Female	-45kg	-49kg	-53kg	-57kg	-61kg	-65kg	65kg+
	Male	-50kg	-55kg	-60kg	-65kg	-70kg	-75kg	75kg+

**Weight Categories – Adult (18-35 yrs)**

Grade	Sex	Weight Category						
		Micro	Feather	Light	Middle	Cruiser	Heavy	Hyper
Colour Belt	Female	-	-	-55kg	-65kg	-	65kg+	-
	Male	-	-	-65kg	-75kg	-	75kg+	-
Black Belt	Female	-50kg	-55kg	-60kg	-65kg	-70kg	-75kg	75kg+
	Male	-57kg	-63kg	-69kg	-75kg	-81kg	-87kg	87kg+

**Weight Categories – Senior (36 yrs & above)**

Sex	Weight Category	
	Light	Heavy
Female	-65kg	65kg+
Male	-75kg	75kg+

### 3.3. Special Technique

#### 3.3.1. Format and Rules

Special Technique categories will be run as high score tournaments, where competitors compete to score the most points and the three highest scores are awarded the corresponding medals. Points are awarded as follows:

- 3 points for each target hit with force (sufficient to flip the target back or, for flying side kick, significantly displace the pad as judged by the umpires)
- 1 point for each target touched without force

Points will only be awarded for techniques executed correctly, with the correct attacking tool and posture, and without losing balance. Additionally, no points will be scored for flying side kick if the hurdle is knocked over. To earn a medal, competitors must hit at least one target with force.

For colour belt tiebreakers, all affected competitors will perform the same techniques again with the targets raised. For black belt tiebreakers, a technique and target height will be designated by the umpires, for all tied competitors to perform.

The techniques performed are determined by the grade category.

Grade	Techniques
Colour Belt (Cadet and Junior)	1x flying high kick 1x flying side kick
Black Belt (all ages)	1x flying high kick 1x flying side kick 1x flying turning kick

#### 3.3.2. Categories

The event will only be available to Cadets and Juniors of all grades, and to Adult and Senior Black Belts.

For Cadets and Juniors, the event will be divided into the following grade categories:

- Yellow & Green Belts (8th – 5th Kup)
- Blue & Red Belts (4th – 1st Kup)
- Black Belts (1st – 6th Degree)

For Juniors, the event will be divided by sex. For Cadets, it will be mixed-sex, but divided into the following height categories:

	Tot	Pee-Wee	Low	Medium	High	Tall
Cutoff	-120cm	-127cm	-135cm	-145cm	-155cm	155cm+

All Adult and Senior Black Belts will compete together.

Height and grade categories may be merged depending on turnout.



### 3.4. Power Test

#### 3.4.1. Format and Rules

Power test categories will be run as high score tournaments, where competitors compete to score the most points and the three highest scores are awarded the corresponding medals. Points are awarded as follows:

- 3 points for each board successfully broken (fully separated into two halves)
- 1 point for each board bent (displaced but not fully separated)

Points will only be awarded for techniques executed correctly, with the right attacking tool and without losing balance. To earn a medal, competitors must fully break at least one board.

The techniques performed are determined by the competitor's category. In the case of a tiebreaker, the umpires will designate a technique and number of boards for the competitors to break, repeating until the tie is decided.

For optional techniques, all competitors will privately inform the umpires of their chosen technique and number of boards before any competitors make their attempts.

Grade	Sex	Techniques
Colour Belt	Female	1x optional hand technique, including elbow strikes 1x optional foot technique
	Male	1x optional hand technique, excluding elbow strikes 1x optional foot technique
Black Belt	Female	1x forefist punch (1 board) 1x knifehand side strike (1 board) 1x side piercing kick (2 boards) 1x turning kick (1 board) 1x reverse turning kick (1 board)
	Male	1x forefist punch (2 boards) 1x knifehand side strike (2 boards) 1x side piercing kick (3 boards) 1x turning kick (2 boards) 1x reverse turning kick (2 boards)

#### 3.4.2. Categories

The event will only be available to Adults and Seniors, who will compete together, as well as Black Belt Juniors. It will only be divided by sex and into three grade categories:

- Yellow & Green Belts (8th – 5th Kup)
- Blue & Red Belts (4th – 1st Kup)
- Black Belts (1st – 6th Degree)

For safety reasons, only Juniors aged 15 or above may compete in the Power Test. All Juniors will use weaker boards with foam padding.

Grade categories may be merged or adjusted depending on turnout.

